



Cooking Made Easy

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Spiced Tomato and Fish Tagine with Lemon Couscous

Doesn't summer make you yearn for a mellow seaside and some freshly caught fish? Well, we're all out of seashores, but we do have this incredible Tilapia from our lovely fishmonger. This fish tagine is perfectly spiced with turmeric, coriander, cumin AND raisins for a dash of sweetness. Serve it on a bed of lemon-y couscous. If you fancy some wine, it goes perfectly with a Beaujolais.



35 min



healthy



seafood first



spicy



lactose free



Red Onion



Garlic Clove



Tomato Purée



Cumin



Ground Coriander



Turmeric



Chilli Flakes



Organic Chopped Tomatoes



Raisins



Vegetable Stock Pot



Lemon



Couscous



Tilapia Fillet

Ingredients

	2P	4P
Red Onion, sliced	2 cups	4 cups
Garlic Clove, chopped	2	4
Tomato Purée	1 tsp	2 tsp
Cumin	½ tbsp	1 tbsp
Ground Coriander	½ tbsp	1 tbsp
Turmeric	½ tbsp	1 tbsp
Chilli Flakes	½ tsp	1 tsp
Organic Chopped Tomatoes	1 tin	2 tins
Raisins 1	1½ tbsp	3 tbsp
Vegetable Stock Pot 2	1	2
Lemon	½	1
Couscous 3	¾ cup	1½ cups
Tilapia Fillet 4	2	4

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

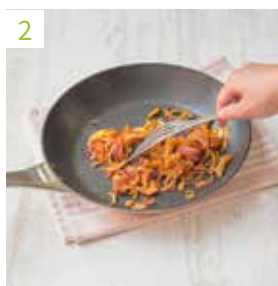
1) Sulphites | **2)** Celery
3) Gluten | **4)** Fish

Nutrition per serving: Calories: 481 kcal | Protein: 34 g | Carbs: 79 g | Fat: 3 g | Saturated Fat: 0.7 g



1 Peel the onion, slice in half through the root and then thinly cut widthways into half moon shapes. Peel and finely chop the garlic. Add a tbsp of oil to a non-stick pan on low heat. Cook the onion for 5 mins until it's soft then add the garlic and cook for a further 5 mins.

occasionally to stop it sticking and if it reduces too much add 2 tbsp water.



2 Add the tomato purée, cumin, ground coriander and turmeric to the pan, mix together with the softened onions and cook for another minute. Add as much chilli flakes as you dare. **Tip:** Go careful on the chilli flakes, they're spicy!

5 Boil 300ml of water and grate in the zest of half a lemon. Next, stir in the remaining stock and squeeze in the juice of half a lemon. Put your couscous in a bowl, pour over the stock, cover with a tight lid and leave for 10 mins.



3 Add the tinned tomatoes, raisins and half the stock pot. Refill the tomato tin halfway with water, swirl it around and add it to the pan. If you happen to have any sugar, you can add a pinch to lift the flavour of the tomatoes even more.

6 Once the tagine sauce is a lovely thick consistency, add a little more salt and pepper (to taste) and a little more water if it has reduced too much. Slice the tilapia fillets in half lengthways and then slice each half widthways into five chunks. Add the tilapia chunks and gently cover in sauce. Keep the temperature low, put a lid on the pan and allow to cook for a further 5 mins until the fish is cooked through.



4 Add a good pinch of salt and some pepper to the mixture and allow to bubble away uncovered on a low heat for 15 mins. Stir

7 Fluff up the couscous with a fork and serve topped with the tilapia and tagine sauce. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!